

## Inside...

Perspective

This week's perspective offers a look at the job fair held at the Bingham Conference Centre on Feb. 15. About 2,500 college and university students attended.

See pages 6 and 7

News

The sledgehammer is set to fall on Doon campus this summer. The changes to Conestoga are outlined by Dave Putt, director of physical resources.

See page 9

Entertainment

Entertainment guru Dan Wettlaufer takes an indepth look at exotic dancers. The explosive movie Blown Away is reviewed by movie critic Mark Waddell.

See page 12

## Conestoga students involved in accident

By Mark Waddell

Three Conestoga students were involved in a four-car accident as a result of patchy ice conditions shortly before 8:30 a.m. on Doon Valley Drive Feb. 16. No charges were laid.

Waterloo regional police Const. Kathy Gunton said ice caused a car driven by Conestoga student Rose Marie Doering to spin out of control after Doering tried to brake.

Gunton said a red vehicle driven by Sherry Warner smashed the front bumper of Doering's car after it had spun around to face Warner's car.

Gunton said then a white Toyota avoided the two cars by driving off the road and up an embankment. A red Toyota driven by Conestoga student Robert Fillier hit the left taillight of the white car after he tried to avoid the accident.

A friend of Doering notified Waterloo regional police of the accident with a cellular phone.

"The ice caught everyone by surprise," said Fillier, a technical option student. "This was the only ice that I encountered this morning."

Fillier said road workers were on the scene about two minutes after the accident to salt the road.

See Accident, page 4



Const. Kathy Gunton talks to Rose Marie Doering and a tow-truck driver who appeared at the scene. (Photo by Mark Waddell)

## Campaign is hosted

By Kelly Lewis

An awareness campaign addressing issues such as alcoholism, AIDS, and travelling alone, was hosted by the Doon Student Association the week before March Break, to help Conestoga College students have a safe break.

Becky Boertin, the DSA activities co-ordinator, said "there is a lot of peer pressure in a college environment and students need to be knowledgeable on facts such as alcoholism, safe sex, and travelling alone."

Boertin said during spring break there is usually a substantial amount of alcohol involved in social settings, and the DSA hoped that by hosting this campaign, it would help students become aware of the dangers surrounding this type of environment. "The more students are aware of these issues, the more careful they will be," she said.

Alcoholics Anonymous handbook states alcoholism doesn't just strike a "certain type" of person. "Many of the young people turning to AA are in their 20s. Some are still in their teens. The majority of them have jobs and families. Many have never been jailed or committed to institutions."

Diane Penman-Bondy, executive director of Alcontrol, a support centre and home for women with alcoholism, said many students "come out unscathed" from social gatherings involving alcohol. She said not all students are lucky, some become addicted to alcohol.

"It is very important that students are aware of how much they drink, why they drink, and their actions when they drink," said Penman-Bondy.

She added alcohol should come with a label that says, "Buyer Beware," because to some people it becomes a lethal substance.

## Students form lobby group

By Patti Harding

Students from all across the country met in Fredericton N.B., Jan. 29 to Jan. 31, to create a new constitution for a national student organization.

Twenty-one student unions met and completed the constitution and created the student organization, the Canadian Alliance of Student Associations (CASA). This group will focus on lobbying the federal government on issues that concern the undergraduate students of Canada.

"This is an important step in student representation in this country," says Paul Estabrooks, Interim National Director of CASA and president of the University of New Brunswick Student Union. "We need to ensure that students are involved in defining the future of post-secondary education in Canada."

In the near future, CASA will be positioning itself in Ottawa, hiring

staff and finalizing its Articles of Incorporation. Along with this heavy duty job, CASA will also be speaking out on behalf of its members in response to the federal budget.

In addition, CASA also protested the scheduled Human Resources Development Parliamentary committee report that was to be read in the House of Commons on Feb. 6.

CASA has been committed to defining a specific student loan program better than the status quo. Estabrooks said he thinks that it makes more sense to offer alternatives and workable models than to refuse to participate.

"We are prepared to negotiate with the government in hopes of creating a student aid system that is beneficial to students and all Canadians."

We must ensure students are represented at the federal level," he said.

See Organization, page 4

## Conestoga could get toll-free number

By Linda Orsola Nagy

Conestoga College could eventually open greater communication doors by installing a functioning 1-800 telephone number for people inquiring about the school and its programs.

Shelley Kritz, director of public relations for the Doon Student Association (DSA), updated the DSA executive of the toll-free service as one option for the drive for improved communications, at the weekly DSA meeting Feb. 16.

At a previous meeting it was mentioned the college was looking into ways to enhance its communications with the community and the public.

Kritz said the college will set up a task force to explore what students need and want in the way of communication. A study will be done to learn this information, and the

school is looking for students to form a "mini task-force" to put the questions for a survey together.

She said the study will come back and it is hoped will have answers to questions such as "What should be done?" and "What should be improved?"

Reports at future DSA meetings will inform members of the progress of the task-force and of the study.

In other business, James Sandford, one of two chief returning officers for this year's DSA elections, informed the executive of the new time line for the extended election period. Sandford said the nomination deadline was extended by one week, and the actual election days would now be March 13-16.

As well, activities co-ordinator Becky Boertin told the executive

See Toll-free, page 4

## Be my Valentine



Cliff the Condor holds one of the carnations sold by the Alumni Association on Valentines Day as part of their Sealed With Alumni Kisses campaign. (Photo by Maria Wareham)



## SPOKE

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## The future is yours for better or worse

Change... Future. The two words seem to go together.

Some look forward to the future because they believe change is what makes the world go round. Others think the whole world has gone to hell — all change is bad and the future will be a dark and dismal place.

No matter what train of thought you entertain neither one is wrong.

The idea of 200 television channels, living in outer space and travelling on expressways in the sky scares the crap out of some people, while others are ecstatic and spend hours dreaming of the future.

Will I get a job or will I end up on skid row, broke and homeless? Will there be a welfare system for me to go on if I fail in life? Will I be brutally murdered and made into pies? Or the simple question: will I be happy with my life?

I'm sure I am not the only one who thinks of these questions. The future might be a dark and scary place that we all must face.

No matter what we do, change is unavoidable. We will have to make decisions that will change our lives forever. Some may be beneficial, others life-threatening.

But in your daily travels through life keep two things in mind.

First, as Franklin D. Roosevelt said "The only thing we have to fear is fear itself."

In other words, if sometime in life you are faced with a challenge that seems too much to handle, go for broke and take the chance. The changes it brings in your life might be well worth it, or it could be devastating. Just remember nobody ever gets changes in their life unless they face their fears.

Above all, that is the one thing we cannot let happen. We cannot let the fear of the future grab hold of us. If that happens we have already failed.

The future is yours and mine for the taking, which brings up the second thing people should never forget.

If in 20 years you start feeling sorry for yourself and say "Life sucks," think about one thing for just a minute.

Ninety-nine per cent of life is what you make of it. So, if your life sucks, than you suck.

If you receive a dream job earning \$100,000 a year after taxes and turn it down because you have to move to a different city or province, than there is no one to blame but yourself.

If you hook up with a "Mickey and Mallory-type couple," (from Natural Born Killers fame) and go on a killing spree and end up in jail. Boo Hoo, cry me a river, it was your choice and once again there is nobody to blame but yourself.

We all have control over our own future, destiny and most of the changes we will face in our lifetime.

The future and change do go hand in hand, but at the same time we are the stuck right in the middle, struggling to succeed in life.



By Dan Wettlaufer

# OPINION

A REIGN OF TERROR HAS COME TO AN END!



ON MARCH 6, JACK FROST  
WAS HANGED FOR HIS  
CRIMES AGAINST HUMANITY...

## Kids should not be taught too early

There seems to be an ever-increasing tendency for people to push their children to learn at younger ages.

Educational toys are purchased by parents eager to begin stimulating their children's minds and to encourage the development of their cognitive skills.

Today, most children already know their ABCs, numbers, colors and how to operate their parents video cassette recorders long before they enter kindergarten.

Is society forcing children out of their carefree baby days too quickly? Before too long, homework and peer pressures will be a part of their everyday lives and after that — the responsibilities of adulthood.

On average, people spend 17 to 18 years in the education system if they attend post-secondary institutions. Some may spend even more. Why is there such a rush to leave childhood behind?

The Royal Commission on Learning recently released a proposal which will allow three-year-olds to attend school instead of making them wait until the age of five. Also, there is a plan to extend junior and senior kindergarten classes to full days instead of half.

This plan may help working parents who wish to leave their children in an educational environment without daycare costs, but how will it affect the costs

of education and more importantly, the children who may be forced into a setting they aren't ready for.

Three-year-olds are barely out of diapers and need more one-on-one attention than one teacher can provide. Daycare centres have been

provided for a reason; to take care of children who have working parents while they are too young to attend school. Some centres may be forced out of business if this plan goes through, and then what will happen to the younger children that still need them?

People may say daycare costs a fortune, but the costs of education and the extra space that will be needed for these children will also cost a bundle.

This plan will only move daycare into the education system and take away jobs. People interested in working with three-year-olds train to work in centres not in public or separate schools. Teachers are trained to teach, not babysit.

There is nothing wrong with taking an interest in your child's learning, but they should be given the opportunity to simply be children as well.

They will spend the rest of their lives becoming educated through school and daily responsibilities, so why start it all early. It's true that you're only young once.



By Kerry Masche

## Letters to the Editor

Dear Editor,

On behalf of the Doon Student Association (DSA), I am writing in response to Spoke's Campus Comments article, "Will you be voting in the student elections? Why or why not?" dated Feb. 20. The article indicated the possibility of a low voting turnout for next year's student government.

Several students suggested they would not vote in the DSA elections because they were either unsure of what the DSA was or felt they had yet to benefit from their student government. This indicates that perhaps, as we were overly busy developing and preparing new services, we overlooked the importance of continuously increasing awareness for the Association. Therefore, we must strengthen our efforts towards awareness and then let students know how the association has benefitted them this year.

First of all, the DSA is the student government on campus. The activities and services we provide reflect the changing needs of students. This year, the increased number of mature students on campus has led our executive to focus more on their needs by providing family day events, the implementing and designating a Mature Student's Club, and allocating space for a quiet lounge. The DSA, in conjunction with the Mature Students' Club, is conducting a "Child Care Survey" to determine the day-care needs of

students.

Secondly, students this year have been able to benefit from the Student Association because we have been an effective DSA. There has been an increase in the number of activities and in attendance to these activities. My bias is attributed to the hard work, long hours and determination committed by the DSA this year. We have provided: increased comedy acts on campus; improved nooners; increased donations to vital services and programs on campus; an 80 per cent coverage drug plan for all full-time students; as well as increased involvement within the community; and an "Orientation Week Blast" in September, which included two of the biggest name bands, which no other college or university was able to provide!

Many people have taken advantage and contributed to the DSA's offerings this year. The Polar Plunge, for example, raised \$3,200 for the Heart and Stroke Foundation with an increase in the number of plungers to 30. A number of clubs were formed this year, with more than 70 active members; an increase of almost 99 per cent from previous years.

As part of DSA's mission to increase the programs and services potential on campus, donations of \$250 were allocated to the Learning Resource Centre and each to the Early Childhood Education, Jour-

nalism and Broadcasting programs. The Peer Tutoring Service also received \$1,250 this year, an additional \$250 from past years in order to implement a Peer Assistance Week prior to final exams.

I would also like to mention that we continued with regular activities including: the Blood Donor Clinic, Survival Handbook, fax service, a \$36,000 contribution to the College's Campaign Fund, and a \$17,000 subsidy to Spoke, for which we are presently preparing a referendum.

This year's DSA, however, did not increase your Student Activity Fee from last year. All regular and additional activities and services were carried out without an increase in this fee. In fact, the DSA even reduced photocopier prices from 15 cents to 10 cents to make sure you are not paying unnecessary prices.

The major goal of this year's Executive was to listen to the students, to get your input and your feedback. Your concerns have become our issues. For this reason and all the features listed above, it is crucial for all students to exercise their say by participating in this year's voting for next year's student government. Be responsible for electing the best executive to build on the foundations set by this year's government. Your vote counts! Remember, voting is March 13-16.

Sabina Kampf  
DSA President

## Letters to the editor

Spoke welcomes all letters to the editor. If you have a beef, or an opinion, please send it in. Spoke reserves the right to edit letters to fit space, and to remove any libellous statements. Your letter must be signed, and include your program and year for verification. Send letters to the Spoke office, Room 4B15, Doon campus.

Spoke, Conestoga College,  
299 Doon Valley Dr., Room 4B15  
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## Campus Comments

### What does being Canadian mean to you?



It's a privilege. It means freedom. I'm Hungarian, but am now a Canadian citizen. I've travelled a lot. This is the best place to be.

**Katalin Nagy, Business management**

I'm proud to live in Canada because we believe in multiculturalism.

**Steve Hendry**  
General busines



Good sports. Good music. Nice people.

**Heike Winter**  
Computer Programming

We have rights and freedoms other countries don't have like equal rights for women.

**Sandra Vaughan**  
Office systems administration



I'm glad to live in a country where there is freedom of speech; freedom of everything!

**Greg Weber**  
Electrical engineering technician

To be patriotic and love the country for its good and bad qualities and respect all its natural resources and historical values.

**Melissa Wagner, Accounting**



It's better than being American.

**Iman Kheirallah**  
Electrical engineering technician

Freedom. Our ability to work together as a country to help other countries.

**Shelley Secrett**  
Accounting



We have an easy-going, beer-drinking attitude.

**Jason DaMaren**  
Electronic engineering technician

Proud to be Canadian, Eh!

**Melinda Metcalf**  
Management studies



*Ideas? Are there questions you would like answered? Spoke welcomes suggestions for Campus Comments. Bring suggestions to the Spoke office at room 4B15 or call Spoke at 748-5366.*

## Canadian, and proud to be Canadian

By Jennle Richardson



Did you know the Canadian flag, the one with the big red maple leaf, turned 30 years old recently?

Do you care?

We, as Canadians should care. The new flag is a piece of our national identity. It says something about us which the rest of the world sees.

What does our flag say about us? Do we even know what a Canadian is?

People are quick to bitch about everything that is wrong with Canada. The taxes are too high, our national debt is a national disgrace, Quebec is considering separating, blah, blah, blah.

What about the perks of being Canadian?

Being Canadian means not having to stand in line for food or your health care being dependent on the thickness of your wallet.

Being Canadian means choosing your religious and political persuasions without fear of persecution.

To many, the Canadian flag means opportunity, freedom and safety.

We are pioneers in peacekeeping and foreign aid and we developed the Canadarm, which just a few weeks ago, retrieved and repaired satellites.

Canadian musicians sound like no one else. Jann Arden, Sarah McLachlan, the Tragically Hip all have their own sound. They are not your basic all-American basement band sound. Thank God.

Mike Meyers, Dan Akroyd, the late John Candy. All comic geniuses.

Not many people take our films seriously. No matter how good the film, it is stamped as Canadian, which is as good as a death warrant.

How many times has Toronto been used as the set of an American movie when it actually was Toronto? It has been New York City, it has been Paris, but has it ever been Toronto?

Is Canada so taboo that Toronto cannot play itself?

I think Canadians are just as much at fault for our failing image as anyone else. How can we get respect from others if we do not respect ourselves?

How many times have you been watching television and a lame program has come on and someone has said, "This must be Canadian," and flipped the channel? I have done it. We need to support Canadian projects.

What about Canadian shows like Royal Canadian Air Farce, The Kids in the Hall or This hour has 22 Minutes?

I am not urging you to exhibit obnoxious patriotism like the Americans, but national pride.

If you are not proud to be Canadian, there are many people on waiting lists who would be glad to take your place.

The grass always looks greener, usually because there is a lot of fertilizer on it.

Our flag may simply be two red bars with a chunk of foliage in the middle. What could be better?

Red, white and blue with a bunch of stars?



## Canadian flag is the wrong symbol

By Blair Matthews



When I was in primary school, I always hated the Canadian flag. There wasn't a kid in school that could do a half-decent job of drawing the 11-point maple leaf in assignments, and coloring between the lines was too much work for kids our age.

My flags always turned out looking like coconuts with sticks attached.

Now, years after those scarring-for-life incidents, I still have to remind myself that someone actually chose a leaf from a tree as our national symbol of unity, instead of the coat-of-arms, a mighty sword, or a fishing boat.

I know that I'm not as patriotic as many Canadians might be, but how can I wear a smile on my face and salute the red and white, when the federal government is plastering the Canadian flag on billboards across the country?

If they're going to promote the fact that our flag is 30 years old, I'd much rather see ads for Molson Canadian, Oktoberfest, Canadian Tire and re-runs of Bob and Doug McKenzie's Strange Brew on City TV instead of the flag.

These are Canadian symbols we can all be proud of.

But instead, with our economy hovering in the toilet, waiting for Jean Chretien to flush, our government is still spending money to promote a symbol of what Canada stands for, though many people don't know anymore, if they ever knew in the first place.

Canadian musicians such as Bryan Adams are being declared un-Canadian by the higher powers that be, Canadian movies and award shows are a joke, and the country is sinking further into debt every minute.

And patriotic people wonder how I can hold the opinions that I do...

How are we supposed to respect the flag, when our government is once again spending money like there's no tomorrow on things that aren't important?

To be bluntly honest, I'd rather be tied to a chair kicking and screaming, forced to eat liver and brussel sprouts, and watch the O.J. Simpson trial proceedings rather than accept the fact that the Canadian government is spending \$1 million to promote a piece of cloth that isn't even that appealing to the eye.

Besides, I can't think of anything else that is more difficult for kids to draw than a maple leaf — besides possibly 51 stars on a red, white and blue flag.

On the other hand, being the 51st American state might give us something to be proud of.





## No one injured in four-car accident

From page 1

Doering, an early childhood education student, said with the exception of a few side streets driving conditions were not bad. She said she was happy Conestoga students stopped to see if those involved were not harmed. However, she said drivers still drove past the accident fast despite the icy conditions.

Warner, a marketing student, said, "I had no idea it was that slippery."

She said the ice grabbed the wheels of her car, causing her car to hit Doering's car.

Const. Gunton blamed isolated patches of ice for traffic accidents which kept police busy at times throughout the morning.

Gunton told Doering and Warner damage was too severe for driving and their cars would

have to be towed.

In a separate incident moments before the four-car accident, Conestoga marketing students Pennie Kennard and Christine Berberich, were involved in another accident which occurred about 30 metres down the road.

Ice caused Kennard's vehicle to spin out of control after she tried to turn into the school entrance.

She hit a sign and the car came to rest on grass. A scrapped bumper was the only damage.



## New organization formed

From page 1

The group is still in the early processes of becoming established but it hopes to have concrete policies in place at the end of the May meeting.

The policies the group creates will form the basis of its positions and proposals for the ensuing years to come.

"It has taken this group of schools nearly a year to finalize a constitution and develop a working rela-

tionship," said Estabrooks. "We are confident that we have a foundation for a solid and effective lobby organization, in place."

Although Conestoga College is not involved with CASA there are some local universities that are easily accessible. If you want to get involved or would like more information contact, the University of Western Ontario University Students' Council, or the University of Waterloo Federation of Students.

## Toll-free number tops DSA meeting agenda

From page 1

a videographer has been hired.

Conestoga broadcasting student Steve Geerts will put together a year-end video production using previously recorded tapes of this year's events, as well as recordings of events that will be taking place in the following months.

Entertainment assistant Jamie

Proudfoot presented the cost estimate for a stand to be built for the \$3,940 television and VCR purchased for the student body by the DSA last October.

Material will cost approximately \$1,238 and 21 hours of labor will cost approximately \$1,500, said Proudfoot.

He received the estimate from a woodworking teacher at Conestoga

who would obtain the supplies and be in charge of the construction.

Proudfoot said the costs involve the use of special plastic-coated plywood to prevent the equipment from being damaged or stolen from the stand.

No final decisions were made but members decided to explore other options before committing DSA funds to the project.

## Hepatitis B a growing concern in Canada

By Don Ross

A drastic rise in reported and unreported cases of Hepatitis B may cause an increase in free vaccinations, said college nurse Marilyn Fischer.

The Centre for Disease Control estimates there are 300,000 acute cases occurring each year in the United States, which means after applying population ratios, about 25,000 to 30,000 new cases are occurring each year in Canada.

The vaccination currently costs between \$75 and \$120. To those not considered at high risk to contract the disease, the vaccination is a good preventive measure, said Fischer.

The vaccine does prevent Hepatitis B. A series of three shots over six months is good for about five years before the treatment has to be repeated, she said.

However, there is no effective cure or therapy for the disease itself. Because the virus is present in all body fluids of people afflicted with Hepatitis B and the fact that the virus can live outside the body much longer than the AIDS virus, there is a greater risk of contracting Hepatitis B than AIDS, she said.

According to estimates by the Disease Surveillance Division

of Health and Welfare Canada there are 300 million chronic carriers of Hepatitis B throughout the world.

Chronic carriers of the disease who do not show any symptoms, are at a high risk of long-term or fatal consequences, particularly liver cancer, the *Medical Post* reports.

Five to 10 per cent of those infected will become just carriers of the disease.

"Hepatitis B is now looked at as a sexually transmitted disease and they have started immunization of Grade 7 students. The reason for this is to get them before they become sexually active," she said.

Condoms do not guarantee protection from the virus, she said.

High risk groups include: those living with carriers; anyone with multiple sexual partners; homosexual and bisexual people; intravenous drug users, hemodialysis patients, hemophiliacs, and those on list for liver transplants, said public health nurse Nadine Parsons.

"Not much attention has been given to this disease because of AIDS and because of the fact there is no known prevention, cure or treatment for it," said Fischer.

## DSA Election '95

Get to know the  
Candidates running  
for DSA Office

**Candidate  
Speeches**

**Wed. March 8  
12:30 pm  
Blue Cafe**

**It's Your Student  
Government!**





# Alcoholism affects men and women differently

By Kelly Lewis

Alcoholism definitely affects men and women in different ways, said Diane Penman-Bondy, executive director of Alcontrol, a home and support centre for alcoholic women.

Penman-Bondy said that women dealing with alcoholism are usually more secretive than men about how much they drink, where they drink and why they drink.

"A lot of women drink to alleviate some kind of pain, both physical or mental," said Penman-Bondy.

In comparison, she said it is more common for men to drink excessively in social settings.

Penman-Bondy said there is a more of a social stigma that is attached to women who are alcohol-

ics, or just women who drink, in comparison to men.

"When I ask people how they would feel if they saw a young man walking down the street drunk. The usual reply is, 'he had a night out with the boys.'"

When you pose the same question but use a woman as an example, people find themselves feeling different. It is not as socially acceptable for a woman to have a problem with alcohol. Penman-Bondy said the reason that society has developed homes like Alcontrol specifically for women is that females have different issues to deal with when confronting a drinking problem, such as sexual abuse.

"A large majority of women do best in a same-gender-facility. They feel safe discussing gender

issues or things that may have happened to them such as abuse, if men are not in the room." People helping these women are more sensitive towards these issues.

The foreword of the *Alcoholics Anonymous(AA) for Women* handbook says, "Most of society tends to look with tolerance or even amusement on a male drunk, but to recoil in distaste from a woman who is in the same condition."

Alcoholic Anonymous says in its regular handbook that "approximately one-third of present-day members are women; among newcomers, the proportion has been rising steadily." It also says that "the general feeling seems to be that a woman alcoholic faces special problems. Because society has tended to apply different standards

to the behavior of women, some women may feel that a greater stigma is attached to their uncontrolled use of alcohol.

One woman, whose name is confidential, divulged her story of alcoholism in the AA handbook. She said that drinking made her feel like, "the most intelligent doctor, the most beautiful woman, the best daughter, the best friend."

Another said drinking, "let me do things I wouldn't dream of doing sober."

Penman-Bondy said many students start drinking excessively when they are in a college or university because they are in a new social setting and they want to have a good time and be accepted.

She said the first few years away from home are "experimental" for

students, and that some come out from the typical social setting "unscathed and others do not."

"If I was to give advice to college students it would be to pay attention to how much you drink and especially why you drink."

Penman-Bondy added that alcohol should come with a label, "Buyer Beware," because to some people, it's potentially very dangerous, and added that she doesn't believe there is any safe usage of drugs.

AA states in its handbook that "one of the more heartening trends in the growth of AA is the fact that more and more young men and women are being attracted to the program before their problem drinking results in complete disaster."



## Cupid's Love Droppings

Left: Walt Jinkerson, of the Skills Canada student club, sells love droppings on Valentine's Day.

(Photo by Maria Wareham)



## S.W.A.K.

Right: Susan Takacs, liason department and alumni member, sells carnations on Valentine's Day.

(Photo by Maria Wareham)



# Euchre Tournament

Wed. March 15

11:30 am

Student Lounge

Sign up at the DSA  
Activities Office or  
Student Lounge



We want to hear  
from YOU!

Any comments, suggestions, or questions are welcome!



Drop off your comments to the Suggestion Box located on the Door of the DSA Activities Office (in main Caf) The DSA will respond to questions in SPOKE.



# PERSPECTIVE



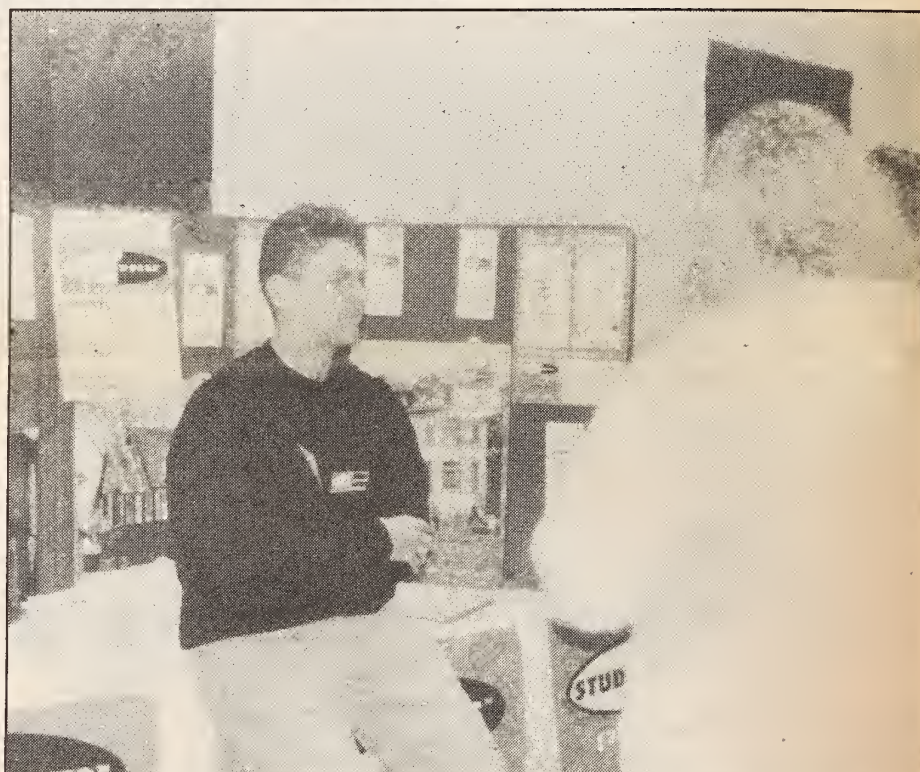
Approximately 2,500 college and university students attended the second annual job fair held at Bingeman Conference Centre, Feb. 15.

Over 60 employers offered full time, part time, summer and contract employment opportunities.

(Photo by Venus Cahill)



Christine Fairles from Architel Systems Corporation, speaks to students at Kitchener's job fair. (Photo by Blair Matthews)



Student Works painting manager Richard Carrol talks to students at this year's job fair at Bingeman Conference Centre. (Photo by Blair Matthews)

## Some students found job fair disappointing

By Venus Cahill

On Feb. 15, students from Conestoga College, University of Guelph, University of Waterloo and Wilfrid Laurier University were invited to attend the University College Job Fair '95 in the Bingemans Conference Centre.

The easiest way to check out the prospective employers was to skim through the Employer Guidebook which was available upon entrance to the displays.

The guidebook listed the jobs available, the contact names and addresses and gave brief organization profiles of the 49 participating companies.

Many students from the college and three universities took advantage of the job fair, but for some the job fair was disappointing.

Dom Buda, a Conestoga food and beverage management student, said there were not enough prospective employers which interested him.

"Everything here (at the job fair) is so business orientated. This is a very good show if you are in a business program," said first-year broadcasting student Kathy Magee. She said looking around the displays made her ask herself why she was taking broadcasting.

Magee said she wondered if there are any jobs out there in her field of study.

There were no prospective employers at the fair from the fields of, broadcasting, journalism, construction, nursing and food and beverage management.

However, there were many opportunities for students in the computer software and business fields.

Mary Trendell an OBS student at Conestoga said the fair was larger than she expected, "There are quite a few opportunities here, if you hit the right people, you never know."

"The job fair seems to be geared towards people who are into computer software," said Stephanie St.

Pierre, a Geography major at the University of Waterloo.

Not all students were disappointed with the job fair, Kristin Gerling a second-year OSA student said she found the displays very informative.

"It's very helpful for me because I'm graduating," said Gerling.

But her classmate Becky Uptgrove said, "The jobs are not very good for people in Kitchener, most of them are in Toronto."

She also said a lot of the jobs being offered were summer jobs not permanent positions.

Christine East a Business major at the University of Guelph said she hasn't made up her mind on what she would like to do.

"The job fair seems geared to business students. I'm just not interested in any of the positions being offered, but it is great if you are studying business," said East.

"The job fair is great. I'm finding it very interesting. The people are

so willing to answer your questions and they have lots of information," said Laura D'Costa an Environmental Studies major at the University of Guelph.

Uptgrove agreed, "They are really good about answering your questions."

Eric Grimm, a food and beverage management student at Conestoga said there were lots of pamphlets and posters around.

"The marketing was good at Conestoga," he said.

Many students agreed with Grimm, the organizers did a good job, after all you can't blame them if there are no jobs available in your chosen field.

After roaming the various displays in the conference centre, students could take heart knowing that after all their hours of studying and the thousands of dollars spent on further education, Blockbuster Video is looking for an Assistant Manager.

## Hot 100

Hot 100 is a guide from Employment Canada that provides information on federal programs, services and resources to help students transfer from the classroom to the work force.

Section 1:

Career Planning

Information about summer employment, student business loans and various training programs.

Section 2:

Learning Opportunities

Information about co-operative education programs, student loans, scholarships and bursaries.

Section 3:

Travel, Society and Culture

Information about exchange programs.

Section 4:

Health, Fitness and Support Services

Information on health & fitness.



# JOB FAIR

## Varied jobs feasible

By Monika Greenan

The second annual University College Job Fair, held at Bingeman's Conference Centre Feb. 15, provided job opportunities in various fields including technology, military, business and recreation.

IVL Multimedia Ltd., based in British Columbia, was a big hit with students, according to John Charlesworth, product manager. The company produces synthesizers for top name bands such as Pink Floyd, B52 and the Smashing Pumpkins.

The positions offered by the company are software architect, co-op engineer and senior development scientist. All are full-time positions and require relocation to British Columbia.

"We're looking for students that want to work on the cutting edge of technology and have the ability and creativity to develop bigger and better products for the next generation," said Charlesworth.

Students interested in military life can work part time in the primary reserves of the Canadian Armed Forces, according to Sgt. Jeff Fischer. "With the primary reserves, students can carry on with their studies and personal life because they would only work on Thursday nights and some weekends, as well as, during the summer months."

The Armed Forces also offers students a subsidized university edu-

cation through the Royal Military College. "Room and board, tuition and books are all paid for by the Canadian government and on top of that the student also receives a paycheque."

Graduates are expected to work in the Armed Forces for a minimum of five years after graduation and must be willing to be stationed anywhere in Canada. "The only exception are pilots, they must put in seven years."

For students with an entrepreneurial spirit, Goldlinx offers flexibility and unlimited income potential, according to Carol Raymond, consultant.

"For under \$1,000 students can purchase all the supplies. They can go to school and work when time permits."

Unlike other cosmetic companies, Goldlinx offers make-up applications for special occasions such as weddings, she said. "If someone can do two wedding make-up applications on a weekend, they can earn \$200 or more."

For students who prefer a private lake in the heart of the Algonquin Park wilderness, Camp Arrowhon has various positions available for camp counsellors, according to Joanne Kates, director.

The minimum age for junior counsellors is 17 and cabin counsellors must be 19 or older. She said available positions are for summer employment and include accommodation.



Sgt. Jeff Fischer, poses in front of the Canadian Armed Forces display at the College University Job Fair, held in Bingeman's Conference Centre. (Photo by Venus Cahill)

Opposite:

John Charlesworth of IVL Multimedia Ltd. demonstrates his newest product to University of Waterloo students, Paul Adams (L) and Jeff Heyerman. (Photo by Blair Matthews)

Below right:

Joanne Kates of Camp Arrowhon answers questions posed by Stephanie St. Pierre, a geography major at the University of Waterloo. (Photo by Venus Cahill)

Below left:

Carol Raymond and Charlene McKnight, both from Goldlinx cosmetic company, stand ready to answer student questions at the job fair. (Photo by Venus Cahill)



## Working Solutions

By Monika Greenan

A series of six brochures, entitled *Working Solutions*, has been designed by Human Resources Development Canada to supply some practical tools for job hunting.

The booklets are available at all Canada Employment Centres and are free of charge.

The Take Charge Self-Help series includes: "Job hunt preparation checklist," "Looking at yourself," "Planning your job search," "Preparing for your interview," "Examining your options" and "Developing a realistic budget."

The first booklet, poses 26 questions that help identify job search skills.

"Looking at yourself," reviews past experiences, determines skills and identifies job possibilities.

"Planning your job search," gives resume writing tips and helps identify the job market.

Booklet 4 helps with interview skills and provides tips on things to do before, during and after the interview.

"Examining your options," presents other opportunities available in new occupations.

The last booklet gives tips to outline expenses and how to help determine current financial status.



## This year's Junos memorable

By Maria Wareham

If you have often thought of volunteering in some way but just haven't had the time, perhaps investing in a raffle ticket to help the Volunteer Action Center of Kitchener-Waterloo and area may be one way and it may also win you the grand prize "A Night to remember" at the Juno awards on March 26.

It is the first time the centre has sold raffle tickets to raise funds, said Kristen Porritt, resource centre development officer, and it has gone all out.

The draw to be made on March 17 will give the first prize winner an entire day of pampering with no expense spared. It includes hair-styling, makeover, flowers, tuxedo rental and being driven to Copps Coliseum in Hamilton for dinner and the awards.

The centre receives partial government funding but it is also responsible for raising remaining funds from the community, said Porritt.

The Volunteer Action Centre is a charitable organization that in turn interviews and refers volunteers to 116 other charitable organizations in the area, she said.

"Member organizations send us job descriptions of what volunteer positions they need and we recruit volunteers. We have about 500 different position listings here," she said. "Last year we had about 1,300 people (volunteers) coming through the centre."

"We have everyone coming in from people on UIC who want to get out networking to people who have already volunteered and want to see what else there is."

A resource centre is also available to anyone interested in volunteer management, she said. "A lot of students going through social work programs will also come in and use the material available at the centre."

But the community needs volunteers as much as the reasons people choose to volunteer. "Without volunteers agencies can't survive," said Porritt.

Bringing volunteer awareness to the community through workshops and promoting volunteer week, is another role of the centre, said Porritt.

Tickets are available at branches of the Bank of Montreal, HMV music stores and by calling the centre at 742-8610.



Tony Oliv empties cans and bottles for recycling (Photo by Blair Matthews)

### Career Corner

By Marilyn Snyder

#### Job Search — And "The Telephone"

A successful job search usually involves a combination of techniques. Be open minded about how you apply to job opportunities. Try several or all of the methods and see which works best for you.

Some people have strong writing skills, others are best in their personal presentation. Most job seekers find the telephone their greatest challenge and the most intimidating. The advantage of the telephone is that it is quick, inexpensive and personal.

The telephone can be very helpful during your job search. Your call demonstrates your effective communication skills and may generate interest in your skills and abilities. *Frequently, an employer will ask questions right over the telephone, so have your resume beside you when you call.*

#### Classified Ads and Unsolicited Mailings

You can improve your chances when replying to classified advertisements and unsolicited mailings by following up to the appropriate contact person as soon as you can reasonably expect the employer to have received and reviewed your resume. When calling, you could say: "Hello, Mr. Jones. My name is Ann Brown and I recently applied to your organization for the electronics engineering position. I'm calling to see if you received my resume and to inquire about the possibility of arranging an interview."

#### Follow-Up

It is important to follow-up on a regular basis. Generally, if you have not heard from the employer within 7 to 10 days, politely call and ask how they are doing in their selection process and if any decisions have been made. Your regular follow-up demonstrates your interest, enthusiasm and initiative and again draws attention to your name.



Multicultural group meeting. From left to right, Student Services administrator Helen Brown, students Phong Tran and Niles Masih and students services counsellor Carol Gregory (Photo by Kim Breese)

## Campus Multicultural group encourages students to join

By Kim Breese

We pass them every day and barely give them a second glance, let alone a second thought. Sure, they are students, but they are not personal friends, so why should we worry about them?

But stop a minute. Imagine what it would be like if you were sent to study in a foreign culture — a place where you knew no one, could barely speak the language and were unsure of how to make friends.

Think it would be easy?

It's not, said Helen Brown, student-services administrator.

Brown said she sympathizes with some of the students from other cultures who have come to her office to express anxieties about adjusting to school and Canadian society.

"It must be very difficult (for them)," said Brown. She said a lot of the students are trying to adjust to a new school and a new culture, but are not finding the transition easy.

Student-services counsellor Carol Gregory said the number of students coming from other countries is "increasing tremendously,"

and a lot of Canadians do not realize how hard the adjustment is for students from other cultures.

"People don't realize how much energy it requires to live in another language," she said.

In response to some of the foreign students' concerns, Brown and Gregory have started a multicultural group at Doon campus. Still in its initial stages, the group is intended as a meeting place for students of all cultures to meet and get to know and learn about each other.

There are no rules or directives for the group. Gregory said that future plans are still in the talking phase, and will be developed in accordance with members' needs and suggestions.

The only current goal is for members to gain support, confidence and friendships and have fun, she said.

Phong Tran, an engineering technology student from Vietnam, welcomes the formation of the multicultural group.

"I feel lonely in school," said Tran. "I want to make friends, improve my English and converse with others." Language problems and loneliness are also the main

concerns for general business student Niles Masih, who came from India and was one of the group's first members.

About a dozen people have attended the first couple of meetings, and Brown said the group hopes to continue to build. While students have exchanged phone numbers and made some new friends, Brown said the foreign students would also like to have the opportunity to meet with Canadian students.

Brown and Gregory stress that Canadian students are welcomed and encouraged to join the group. Canadian students could assist the others with their English as well as help them feel more comfortable in the school environment, said Gregory.

But the bottom line, said Brown, "is making new friends for both."

The group is currently meeting Wednesdays at 12:30 p.m., but that time slot is not definite for the future, said Brown. The next meetings are scheduled at 12:30 on March 8, March 22 and April 5 in room 1C9. Anyone who would like more information should call Brown or Gregory at their offices for details.



Barbara Holder prepares to dish out a hot meal for Wednesday's meal special. Every week a hot meal including meat, potatoes, vegetables and dessert is featured (Photo by Kim Breese)



# ● Sledgehammer set to fall on Doon campus this summer

By Blake Patterson

If you had planned on picking up a few extra courses during the peace and solitude of Conestoga's summer season, forget it. Summer courses will be available, but according to Dave Putt of physical resources, summer at Doon campus is going to be anything but quiet.

With the Doon Student Association's (DSA) recent approval of designs for a new student lounge in B-wing, Putt, who co-ordinates the college's architectural development, says he has big plans for the summer break.

Putt said the final touches will soon be in place to give Doon campus a new look for the new school year.

The external change will come with completion of the new business wing, but internally, the change will be just as profound.

When students walk through the doorways in September, the student lounge will be located outside the Blue cafeteria, the old lounge will be the new home of student services, the computer labs along the hallway connecting B-wing to A-wing will be moved to the technical wing, and the Learning Resource Centre (LRC) will be expanded to the stairwell which goes down into the main cafeteria.

The construction is part of a DSA effort to create a student lounge more in line with the centres of student life which are common at most Canadian post-secondary institutions.

Putt said students have been talking about building a new stu-

dent centre for the past 10 years, but that the DSA under president Sabina Kampf can take credit for launching the project.

He said past student governments had "vacillated around" for a decade because the excessive costs of constructing a student centre destroyed momentum for the project.

Too, said Putt, the one-year term in office for DSA executives has been too short for them to fulfill their big plans and good intentions and project continuity would be lost from one government to the next.

It was Kampf's administration, according to Putt, which finally acted on the decade of student surveys, funding plans and indecision. "They carried the ball more quickly and further," said Putt.

But, Putt added, it was college president John Tibbits who first opened the door of a possible student lounge.

In 1993, Tibbits suggested that rather than being discouraged by the expense of a separate building, students should consider either using some space on a floor of the planned business wing or in some B-wing space which would become available when the business department moved.

So the DSA considered it, and B-wing won.

Until that point, several student surveys had tried to determine what students wanted in a new centre, but as each successive DSA failed to take any action, student populations would come and go and the results of the surveys would become worthless.



The Doon of a new campus: Dave Putt of physical resources is set to carry out plans for the redesign of the student lounge, student services and the LRC. (Photo by Mark Waddell)

Frustrated, the 1993 DSA president Ron Lehman said, the survey results his government was using to plan the lounge were "just so out of date they're not going to be able to tell us anything."

A new survey was staged by Lehman's administration and eventually served as the basis of the current plan, but Lehman's resignation the following year delayed the process further.

Therefore, according to Putt, it was Kampf who carried the planning of the project to fruition.

As Kampf took power in March 1994 and as the ground was bro-

ken on the new business wing, the project took on new life.

First, as part of the business wing funding drive, the DSA donated the \$33,000 it had saved for a new lounge from activity fees, and despite a two-month freeze of the funds until the college promised in writing to provide B-wing space, the DSA eventually approved the designs for the new space.

Now, the sledgehammer is set to fall on the B-wing classrooms as early as May 1.

According to Putt, the construction will proceed in three to four-

week chunks. Steps include the destruction of the walls which currently form rooms 1B24 though 1B27 to create the new student space, the gutting of the old lounge and the leveling of its split-level floor with gravel and cement, and the tearing down of the walls which currently separate the student services area and the LRC.

And while the walls rise and fall, the Blue cafeteria will serve as a holding area for all of the stranded furniture.

Putt laughed when he said it had better be done by September.

## Toronto Maple



## Leafs

## vs Edmonton

### Mon. March 27



### TICKETS \$32

### cash only

### limit 4 tickets/student

### on sale at the DSA Activities Office



Bus departs at 5:00 pm from Door #4

## Pool Tournament



### Week of March 20

### Student Lounge

### \$5.00 Entry

### CASH PRIZES

Sign up at the DSA Activities Office  
by Wed. March 15



## Conestoga teacher displays Chips off the Old Block at local museum

By Paul Campbell

The Joseph Schneider Haus in Kitchener opened a display of Conestoga College teacher Peter Findlay's, handcarving skills.

Findlay, a woodworking instructor, has been carving since childhood.

Beginning with small projects turned on his grandfather's lathe, his work has become both beautiful and elaborate.

The local gallery and heritage site hosted 200 people for Findlay's first-ever solo exhibition that began Sunday Feb. 12 and will continue until Aug. 13.

The display, of approximately 100 pieces, showed Findlay's own unique talent.

The show, called Chips Off the Old Block, features both Findlay's work and that of his family members dating back to the 1860s.

The oldest, and one of the most remarkable, pieces, is an old pine board cut in a Scottish, steam-powered, saw mill by the artist's great-great-grandfather Snider.

Findlay was chosen by the board of directors of Joseph Schneider Haus as folk artist-in-residence for the year of 1995.

He has begun providing the public with a series of lectures and special demonstrations. Findlay and his five apprentices, dressed in period costume, will be ready to help people learn the basic skills needed for wood carving or how to carve par-

ticular items.

At the opening, Findlay and the apprentices were showing how a pair of inseparable, interlocking hearts can be made from a single wood block.

In the coming months Findlay will show how to carve a maple sugar mould and a family shield.

Chips Off the Old Block shows how Findlay is the living extension of a long and masterful history of skilled workmanship.

His interest in wood carving has come down to him through long lines on both sides of his family tree.

From a Mennonite barn raiser to a master cabinet maker, Findlay has taken this legacy and brought to it a new artistry.

Findlay's exhibition includes intricate chip carving, folk figures carved in the round, decoys, fantastic forms emerging from found wood (like driftwood), Celtic love spoons, wooden puzzles, whimsies (or toys) and much more.

Once inside the exhibition room one can see how Findlay, a materials expert in Conestoga's woodworking department, has taken these skills and turned them towards the more artistic side of wood carving.

Working hard at what is a hobby for others, Findlay has distinguished himself far beyond being a mere whittler.

On one wall stands evidence of the past achievements of his ances-

tors but on the other four, and throughout, are the fantastic, intricate and beautiful works of the present master.

Findlay began carving at the age of 10, with the instructions passed down from his grandfather, during summer visits to his Woodbridge farm.

He was trained at Toronto's Ryerson Polytechnical Institute where he developed a fine aesthetic eye for the artwork he was disciplining himself towards.

After his classroom education he worked in Nova Scotia's and Ontario's furniture industry.

The exhibit has something for those interested in folk art, antique tool or area history. The museum's directors have asked Findlay to come and show off his work for a number of years.

He said, his carvings and teaching designs have often come together and things he has learned with one has helped improve on the other.

Findlay has won national wood carving competitions and had his work shown at the Canadian National Exhibition.

He has helped the Joseph Schneider Haus provide the Canadian Museum of Civilization with German style carvings.

The Haus is also presently showing Scherschnitten: The Art of Paper Cutting with work by Heidi Strack-Richter of Waterloo, Nelly and Ernst Hofer of Newton and Phyllis Kramer of St. Jacobs.

## PRESIDENT'S NOTES



Welcome back from your long deserved vacation. If you thought February was an action-jammed packed month, wait until you see what the Doon Student Association brings you this month!

March is planned with more hilarious comedy you saw in February, watch out for the Regurgitating Nooner on March 9. DSA Executive voting is coming soon, and at month's end we are bringing you Conestoga's own Homegrown Pub.

In order to compete with what's on most students' minds (finding employment), the DSA together with the Alumni Association and Co-Op Placement is planning a Career Day about mid-month in the Blue Cafe. Career Day is aimed to help you gain knowledge and feedback from students who have graduated from your program at Conestoga and received employment. Since job seeking and networking are not always part of each program's curriculum, we have decided to include this in Career Day aimed for your needs.

As the month continues, remember to stop by our offices, introduce yourself and give us your input, after all, DSA works for you!



## SUMMER JOBS AVAILABLE..

The team at Conestoga College Recreation Centre are looking for players for the following summer '95 positions:

- Camp director
- Leaders & counsellors
- Instructors for various programs
- Computer instructor (To include Lotus, Wordperfect 5.1 etc.)
- Convenors



If you are looking for a challenging job with flexible hours (dependent on programs) and enjoy working in and outdoors with children, then we would like to hear from you. Experience is preferred and training in First Aid, CPR and WHMIS would be beneficial for all above positions.

If you would like to join our team, then stop in the Rec. Centre front desk and pick up your application (Please attach a current resume)

For more information please call 748-3512 or Barb

McCauley Ext 386

Deadline for applications is Feb 28. Don't delay- Apply

Conestoga students...  
Are your marks in a  
recession?

Get out of  
the slump!

Hire a Peer  
Tutor



Economically speaking.....  
It's the best investment!!

\$15.00 for subject  
specific tutoring



Apply in Student Service  
Room 2B12



## FEATURE

# Recognize stress and cope

By Kelly Spencer

Whether it be that nauseous feeling that comes over us when the final exam is plopped down on our desk, or the tension that bolts through our bodies when Mr. Sportscar cuts us off in rush-hour traffic, there is no denying that stress is an inevitability in modern-day life. Participants in a stress management workshop on Feb. 15, were taught how to recognize their stress and deal with it effectively.

"Stress is too much of something our minds or bodies don't know how to handle," said Kathy MacDonald, liaison for Human Service Community, an educational, non-profit agency which provides training in personal growth and self-esteem. "The key to coping with stress," she said, "is to create a balance in your lives, and to recognize the connection between mind and body."

Conflicting demands, and simply having too much to do in too little time, were among the reasons for stress given by the participants. Also, having preconceptions about goals in life and the fear of failure were also fingered as culprits.

"Stress is a very personal thing," said MacDonald. "We all have our own interpretations of what is stressful and what is not. It is very important that we recognize that while something may be very stressful to ourselves, it may not be the least bit to someone else."

The first step to coping with stress is to be "self-aware" said MacDonald. Certain beliefs held by each of us individually can influence our well-being, and many of those be-

liefs stem from philosophies which we created in childhood, she said. By examining our family situations and our family history, we may be able to pin-point where the tension we feel in certain situations is

those situations once they have grown and left the family nest, she said. That person may feel extreme distress while in the midst of others who are expressing their anger, she said.

Our bodies react to any perceived threat, said MacDonald. The body responds to stress with the release of adrenaline, which triggers increased tension in the muscles, increased heart and respiratory rate, and an increase in blood flow to the brain and muscles.

In fact, our body is preparing for a "fight or flight or playing dead" reaction, MacDonald said. For our tribal ancestors thousands of years ago, the fight or flight method was effective in the face of a charging animal or invaders, but today's stresses are more mentally and emotionally based, said MacDonald. Lashing out at others or scurrying away from your stress will get you nowhere, and ignoring stress can be very detrimental to your health, said MacDonald.

Unless we deal with our stress effectively, we run the risk of suffering health problems, including chronic headaches, hypertension, ulcers, muscle tension, cancer and arthritis, she said.

Learning skills and activities to balance the stress and relaxation in our lives is crucial, said MacDonald. Burning off adrenalin through exercise, relaxation techniques and learning personal coping skills to cope with mental stress will not only loosen the lingering tension, but also accommodate a healthier state of mind and body in the long run, said MacDonald.



based.

For example, she said, in a family where emotions are suppressed, especially hostility and anger, children are not equipped to deal with

## Pointers for preventing burn out

- **Learn how to organize your time wisely:** If organization skills don't come naturally (or easily) for you, there are a number of workshops available — some of which can be found right here on campus — to guide you along the right path.
- **Set priorities:** Tend to the things which are most important to you, first and foremost. Anything else can wait until you have some extra time (whatever that is!).
- **Carry things through to the bitter end:** Train yourself to concentrate on one task at a time. Block out all of those tiny distractions, and avoid leaving projects dangling. Make a habit of seeing things through to completion.
- **Cut it out:** If your life seems cluttered with too many things to do, in too little time, make a conscious decision to eliminate the things which are of least importance to you or are of low priority. Make priorities in your life and your relationships with others and direct your energies towards them.
- **Take control:** Make active choices in each and every area of your life. Don't let things "just happen". Instead, let yourself be the one to make things happen in your life.
- **Trash the past:** Live life to the fullest and focus your energies on things which are developing in the present, rather than wasting your valuable time dwelling on mistakes and mishaps which occurred in the past.
- **Treasure the tiny:** Develop the skill of gaining pleasure from the small things in life. Obscure as it may sound, this is something which requires a conscious effort. You might want to begin with the things which, up until this point, you have taken for granted.
- **Looking out for No.1:** Set aside at least an hour or two every day to spend quality time with the most important person in your life — yourself!
- **Tell it like it is:** Be adamant about the things you desire. Get into the habit of saying "I want". At the same time, be clear and concise about what it is that you want.
- **Tie up loose ends daily:** Set a routine of finishing "unfinished" business everyday.
- **Be concrete:** Make concrete contracts with the people in your life concerning your relationships. Be clear about what you are willing to give and do for them, and demand the same from them.
- **Be selfish:** Our culture associates selfishness with guilt, which is not necessarily a healthy connection when it comes to taking care of ourselves. Acknowledge that you need time and attention for yourself.

## The nose knows . . .

# Aromatherapy can help alleviate stress

By Patti Harding

Stress is an unpleasant and unfortunately, also an unavoidable condition that occurs in everyday life. There are many things that can alleviate this unpleasant manifestation, most of them are expensive and very inconvenient except for one: aromatherapy.

Aromatherapy, according to the **Aromatherapy Workbook** by Marcel F. Lavabre, uses oils and oily substances that are highly concentrated vegetal extracts for deep therapeutic action.

"In aromatherapy, the essential oils can be taken internally in their pure form or diluted in alcohol, mixed with honey, or in medical preparations. They are used externally in frictions (localized massage), massage and inhalations."

There are many oils in aromatherapy that can alleviate stress by pouring them in a bath or using them as a massage oil. The oils such as neroli, lavender, marjoram, rose and ylang ylang have been used in stress reduction because of their calming effects.

To use the aromatherapy

oils in the bath, mix three drops with a capful of very mild shampoo and pour under running water, said Daniele Ryman in her book **Aromatherapy: The Complete Guide to Plant**

keep in the vapors, says Ryman.

After immersing your body in the tub, stay there for at least ten minutes, relaxing and breathing deeply. "A certain amount

endings and stimulates circulation of the blood to the surface of the skin which eases the entry of the oils, said Ryman. The oils can be massaged into any part of the body including the face.

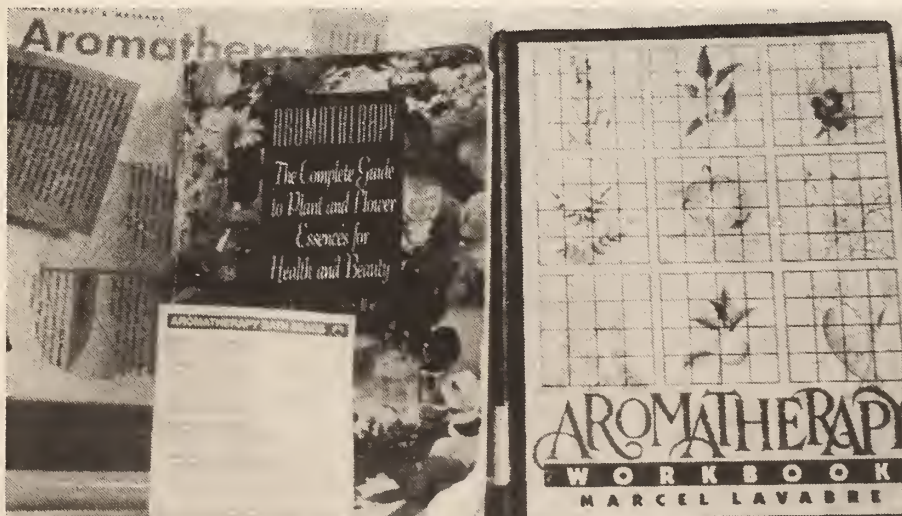
barrage of bath aromatherapy treatments and massage oils that will help relieve even the worst case of stress.

According to **The Body Shop** book, "Aromatherapy uses essential oils, the soul of the plant. They are its volatile, aromatic part, perceived by us as a fragrance. But the fragrance is only the beginning. Our sense of smell is just one route by which the powers of essential oils affect us."

The store stocks aromatherapy bath beads that are different colors according to what their contents are and what they do. To ease stress, one would want to use the relaxing orange bead or the soothing brown bead. Both of these beads relax a stressed-out body and mind and relieve tight muscles.

The Body Shop also stocks neroli, ylang ylang, rose, camomile and lavender aromatherapy oils and also moisture and warming creams.

Aromatherapy bath and shower gels are also available at any Sears location. Sears carries the relaxing Evening Primrose bath cream and shower gel.



and Flower Essence for Health and Beauty. Mixing the oil with the shampoo will help to disperse the oils throughout the water rather than having them sit on the top of the water in a film.

When using the aromatherapy oils in a bath, make sure the room is warm. The door and the windows should be shut to

of odoriferous molecules will penetrate the skin, while others will stimulate the nerve endings of the olfactory organ in the nose in the same way as they do when inhaled as a vapor."

For those who are not don't enjoy baths aromatherapy can also be used for massages. The rubbing action activates the nerve

Although this type of stress reliever may seem exotic and out of reach, aromatherapy oils can be found in at least one of the numerous stores at any mall.

The easiest and most convenient store to find aromatherapy treatments is at the Body Shop in Fairview Park Mall.

The Body Shop carries a



# Stripper breaks mold of job she loves

By The Crippler

Smoke burns your eyes as you peer aimlessly into the darkness. You can feel the pounding of the bass in your chest, while you wait sipping over-priced beverages.

Then a voice comes over the P.A. system bidding you welcome.

A few cheers and whistles are heard throughout the room. Then, out of the darkness a shape appears. You wonder what a good looking girl like her is doing in a place like this.

Welcome to the electric circus, the wonderful world of flashing lights, loud music and naked bodies.

The place is known as the local exotic dance club, or the strip bar.

From your vantage point you can see everything, and I mean everything.

Nothing is left for the imagination here, where all the animals are wild.

From the stage all she can see is the shadows and silhouettes of the

audience.

Meet Desire (her stage name), real names are a no-no, almost the women of your dreams. She has a great personality, a certain air about her that is almost dangerous. She can carry on a descent conversation despite the cliché blonde jokes. Desire is everything you have been looking for in a women... except she is a stripper.

"The word 'stripper' is not really the proper name for what I do," said Desire, a 22-year-old business management graduate. "It doesn't offend me, but it's only part of what I do. I am also a dancer and an entertainer."

Indeed, Desire is all three. Not only can she dance, she is also very entertaining.

Her live show consists of provocative body positions, acrobatic limb twisting and various oils and lotions. One or two lucky members of the audience have the pleasure of helping Desire apply the oils on her body. Oh yeah, one catch, you can't use your hands.

"A lot of people will say what I do is corrupt and leads to the demoralization of women," she says. "I see it in a different perspective. If I can put a smile on some lonely guys face then I like to think I've made his night a little more special."

Judging by the grin on Steve Jones's face, not his real name, Desire accomplished her mission.

Jones said he frequents the "peeler bar" because "I'm a bit over weight, 306 pounds, and the women here treat you like an individual with real feelings and emotions."

When asked how she personally attends to customers needs and emotions, Desire said she doesn't do sexual favors for any of the men that she dances for in the VIP Lounge.

"I don't go that way. I am strictly an entertainer and dancer, not some slut that stands on the street corner for money."

Depending on the club, a dance in the VIP Lounge can run anywhere from \$10 to \$20, said Desire, a two-

year veteran of the dancing circuit. The customers, usually men, sit on a couch in a secluded back room and the dancer uses her own discretion as to "how far she will go with a certain individual," she said. "It's strictly instinct. You can usually tell if a guy is some sort of weirdo, or if he just wants a little extra attention."

Desire said she is also drug free, but admits to the occasional drink.

"I don't like getting fucked up on drugs or getting wasted before I hit the stage. Usually the girl comes off looking like a fool or a cheap lay."

Some dancers do come off as floozies but when Desire is on the stage she handles herself in a cool and professional way, trying to break the stereotypical role of the average stripper.

"I love my job, make excellent money (anywhere from \$200-\$400 a night) but I wish more of the girls acted in a civilized manner. If they did it might help break the mold that seems to cling to the job I love so much."

## Explosive video is an impressive movie

By The Paralyzer

Crank up the volume on your television sets because the loud, explosive action, of *Blown Away* hit the video rental stores this week.

The movie stars Jeff Bridges, as James Dove a longtime bomb squad member who has a personal vendetta with an Irishman named Garrity, a ruthless bomber played by Tommy Lee Jones. Dove put Garrity behind bars for his work in various bombings in Ireland.

The movie opens in a dark, dismal prison in Northern Ireland, where Jones's character is serving a jail sentence. Garrity's clever bomb work and malice enable him to escape from jail.

From there the movie is a non-stop roller coaster ride as bomb after intricate bomb go off. The first involves a secretary who must keep typing to keep herself and Dove alive as he dismantles the bomb.

The impressive supporting cast is led by Bridges's father, Lloyd who plays the role of Dove's father Max, a retired cop. The movie also stars Forrest Whitaker who plays a hard-driven rookie working with Dove.

The incredible cinematography and special effects should win audiences over. Through the incredible cinematography different vantage points are explored throughout the movie, making it larger than life.

One dramatic scene has the reflection of an explosion in Dove's eyes as he watches a friend and colleague die in a bombing.

Another impressive montage of camera shots are in a scene involving his family and a bomb-threat in their house. The audience is left guessing where the it is situated.

The angle from inside a stove leaves the audience on the edge of their seats thinking a bomb will ignite after the stove is lit.

The combination of the loud sound and visual effects from *Blown Away* make the movie impressive. The fine acting and emotion make the movie work.

## Skate or die



First-year Law and Security Administration student Steve Wolf pulls fellow first-year Law and Security students Ani McCool and Tanya Evans along the ice at the Kenneth E. Hunter Recreation Centre.  
(Photo by Blair Matthews)

THE INCREDIBLE

# Stervie Starr

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